



Regenerate: Unlocking Your Body's Radical Resilience through the New Biology

Sayer Ji

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"This book is a revolution! It goes way beyond the beliefs that have fueled modern pharmaceutical medicine for decades and gives you all the science you'll ever need to prove that there is another way."
- Christiane Northrup, M.D., *New York Times* bestselling author of *Goddesses Never Age*

Modern medicine and human health are at a critical crossroads, and the truth is that you and *not your* genes are in the driver's seat. *You* are the one who gets to make informed decisions on how you use and nourish the evolutionary miracle that is your body.

Combining analysis of cutting-edge scientific findings with our deepest ancestral wisdom and health-promoting practices, Sayer Ji, founder of GreenMedInfo, offers a time-tested program to help prevent and manage the most common health afflictions of our day-cancer, heart disease, neurodegenerative diseases, and metabolic syndrome.

Antiquated thinking and scientific dogma have long obstructed our understanding of our innate untapped potential for self-regeneration and radical healing. But the New Biology explains why biological time is not a downward spiral and how chronic illness is not inevitable when you implement nature's resiliency tools.

In his thorough and thoughtful exploration of the New Biology, Sayer Ji illuminates:

- the fascinating new science of food as information
- the truth about cancer and heart disease screening and what real prevention looks like
- how to reverse the most common forms of degeneration using food-based approaches
- how the body extracts energy from sources other than food, including water and melanin; and
- how to make sense of conflicting dietary recommendations and out-of-date food philosophies

Encoded within every tissue of your body is your ability to regenerate. Unlock your radical resiliency through this roadmap for diet, exercise, stress reduction, and the cultivation of the environment in which you choose to live.

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Amy says

I have read many health and wellness books over the years, and Sayer's book Regenerate is not only appropriately named but talks about The New Biology, and is right on target for a paradigm shift in our thinking about what we call health and the body. Regenerate is absolutely what it can do, and will, if we allow it to, if we feed and nurture it appropriately in addition to having a healthy spiritual (not religious necessarily) mindset and practice. There were some stats in here on Cancer and the like that I had never seen before, and went "WOW!" That being said, get yourself a copy, borrow one from a friend or the library and allow all of what we believed in the past to be true about health to be formed into something totally new and transformative.

Nick Urban says

An incredible, thought-provoking challenge to long-standing scientific axioms. I had read a lot of the research independently, but Sayer does a great job bringing everything into one place.

Some highlights (from my 90 pages of notes):

- Plants have sentience and intelligence
- Disease symptoms are actually a blessing in disguise
- Humans can photosynthesize given the right raw materials
- Melanin is a potential key to human evolution and extremely powerful
- Food contains potent biological signaling molecules
- Implications of the microbiome on overall health

The moral of story is something we all know: live more in harmony with nature.

Tao says

"Also known as paleo-deficit disorder, evolutionary mismatch refers to the collective deficiency of ancestral influences in the modern, industrialized landscape. Paleo-deficit disorder runs the gamut from reduced opportunities for privacy and solitude to decreased tactile contact with a variety of natural vegetation to reduced exposure to birdsong, daylight, and phytoncides, the allelochemical, volatile organic compounds emitted by plants that give the forest its characteristic aroma."

From Reader Review Regenerate: Unlocking Your Body's Radical Resilience through the New Biology for online ebook

From reader reviews:

Nancy Adams:

Do you one among people who can't read enjoyable if the sentence chained inside the straightway, hold on guys that aren't like that. This Regenerate: Unlocking Your Body's Radical Resilience through the New Biology book is readable by simply you who hate those perfect word style. You will find the details here are arrange for enjoyable examining experience without leaving perhaps decrease the knowledge that want to provide to you. The writer regarding Regenerate: Unlocking Your Body's Radical Resilience through the New Biology content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you nevertheless thinking

Regenerate: Unlocking Your Body's Radical Resilience through the New Biology is not loveable to be your top record reading book?

Teresa Howard:

Information is provisions for people to get better life, information presently can get by anyone on everywhere. The information can be a understanding or any news even a huge concern. What people must be consider if those information which is from the former life are difficult to be find than now is taking seriously which one would work to believe or which one often the resource are convinced. If you receive the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Regenerate: Unlocking Your Body's Radical Resilience through the New Biology as the daily resource information.

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